

# Morton School District Elementary Lunch Menu

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Breakfast for Lunch</b>	<b>2 Cookie Bite Day</b>	<b>3</b>	<b>4 Lucky Tray Day</b>	<b>5</b>
Fluffy Pancakes w/Sausage Patty & Syrup Or Meatball Bomber Sub Oven Fries Sliced Cucumbers Chilled Peaches	Nacho Supreme w/Taco Meat & Cheese Sauce Or Crispy Chicken Sandwich Refried Beans Zesty Salsa Cinnamon Applesauce	Mini Corny Corn Dogs Or Juicy Cheeseburger Potato Puffs Shredded Lettuce 100% Fruit Juice	**Seasoned Chicken Tenders Or Grilled Cheese Sandwich Mashed Potatoes w/Gravy Carroteenies w/dip Fresh Red Apple	Pizza Dippers w/Garden Marinara Or Hot Diggity Dog Steamed Broccoli Tiny Tomatoes Chilled Pears
<b>8</b>	<b>9</b>	<b>10 Lucky Tray Day</b>	<b>11 Breakfast for Lunch</b>	<b>12 Brownie Bite Day</b>
*Bacon Cheeseburger Or Pepperoni Pizza Oven Fries Shredded Romaine Orange Wedges	Chicken Quesadilla Or Mini Corny Corn Dogs BBQ Baked Beans Fresh Pico Salsa Sweet Pears	**Macaroni & Cheese Or Crispy Chicken Sandwich Potato Puffs Tiny Tomatoes 100% Fruit Juice	Chicken Nuggets W/Waffle Or Yogurt & Cheese Fun Meal Mashed Potatoes w/Gravy Broccoli Buds Blueberries	Homemade Cheese Pizza Or Chili Cheese Dog Golden Corn Carroteenies w/dip Juicy Mixed Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
No School  Easter Break	No School  Easter Break	No School  Easter Break	No School  Easter Break	No School  Easter Break
<b>22</b>	<b>23 Lucky Tray Day</b>	<b>24</b>	<b>25 Breakfast for Lunch</b>	<b>26 Cookie Bite Day</b>
No School  Easter Break	Soft Shell Tacos Or **Chili Cheese Fries Glazed Carrots Sliced Cucumber Chilled Peaches	**Seasoned Chicken Tenders Or **Salisbury Steak Mashed Potatoes w/Gravy Sweet Corn Fresh Red Apple	French Toast Sticks w/Sausage Patty & Syrup Or Turkey and Cheese Sub Potato Puffs Tiny Tomatoes 100% Fruit Juice	Pizza Dippers w/Garden Marinara Or Crispy Chicken Sandwich BBQ Baked Beans Broccoli Buds Hot Baked Apples
<b>29 Lucky Tray Day</b>	<b>30</b>			
Rotini w/Italian Meat Sauce Garlic Bread Or Turkey Pepperoni Pizza Steamed Broccoli Golden Corn Sweet Pears	Walking Taco Or Juicy Cheeseburger Refried Beans Sliced Cucumbers Blueberries			

<b>Lunch</b> <b>\$2.55</b> Milk is Included With Meal	<b>Milk</b> <b>\$0.50</b> A Variety Of Milk is Available
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**Questions about the menu?**  
 Kristina Klein  
[kristina.klein@mcusd709.org](mailto:kristina.klein@mcusd709.org)  
 309-284-6320

For more information  
 or to "Ask the Dietitian",  
 check out our website!




**Available Daily:**

**CRISPY CHICKEN SALAD**  
 OR  
**JUMBO CORN DOG**

(\*) Contains Pork  
 (\*\*) Served With Whole Grain Bread  
 Menu changes are occasionally  
 necessary. Notice will be given when  
 possible.

This institution is an equal opportunity  
 employer.



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices  
Pizza  
Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <b>Cookie Bite Day</b>	3	4	5
*Juicy Bacon Cheeseburger Golden Corn	Fiesta Nachos Supreme Refried Beans	Home Style Chicken & Noodles w/Biscuit Steamed Broccoli	French Toast Sticks w/Sausage & Syrup Potato Puffs	Homemade Buffalo Chicken Pizza Savory Green Beans
8	9	10	11 <b>Brownie Bite Day</b>	12
Parmesan Chicken Melt Oven Fries	Soft Shell Tacos w/Shredded Cheese Seasoned Black Beans	Italian Spaghetti & Meatballs** w/Garlic Bread Steamed Broccoli	Mini Corn Dogs w/Spicy Ketchup Potato Puffs	Cheezy Garlic Flatbread Golden Corn
15	16	17	18	19
No School Easter Break	No School Easter Break	No School Easter Break	No School Easter Break	No School Easter Break
22	23	24 <b>Cookie Bite Day</b>	25	26
No School Easter Break	Fiesta Nachos Supreme Refried Beans	Chicken Alfredo Garlic Bread Glazed Carrots	Crispy Chicken Tenders** Oven Fries	Stuffed Italian Pizza w/Marinara Steamed Broccoli
29 <b>Brownie Bite Day</b>	30			
Southwest Chicken Panini Glazed Carrots	Walking Tacos Seasoned Black Beans			

**Fresh Fruit & Veggie Bar available daily with all lunches**

**Crispy Chicken or Spicy Chicken Sandwich  
Grilled Burgers & Sunbutter & Jelly Sandwich**

Cheese V	*Pepperoni	Cheese V	*Pepperoni	Cheese V
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Chicken Caesar Salad**	Chef Salad**

V=Vegetarian option available  
\*\*Served with a roll  
\*Contains or may contain pork ingredients.

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Morton  
Junior High School  
April 2019

**Lunch**

**\$2.65**

Milk is included  
With Meal

**Milk**

**\$0.50**

A Variety of Milk is  
Available Daily

**Arbor A+ Nutrition Mission**

**To serve students daily:**

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**



For more information or to "Ask the Dietitian", check out our website!

Questions about the menu?  
Kristina Klein  
kristina.klein@mcusd709.org  
309-284-6320

Comprehensive nutrition & allergy guides are available in the Foodservice Office.



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <b>Cookie Bite Day</b>	3	4	5
*Spicy Bacon Cheeseburger Or *BBQ Rib Patty	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday Or Hot Diggity Dog	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
8	9	10 <b>Brownie Bite Day</b>	11	12
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Buffalo Chicken Panini	Sweet & Sour Chicken Or Chicken & Vegetable Rice Bowl	Cheezy Garlic Flatbread Or Sriracha Chicken
15	16	17	18	19
No School Easter Break	No School Easter Break	No School Easter Break	No School Easter Break	No School Easter Break
22	23	24 <b>Cookie Bite Day</b>	25	26
No School Easter Break	Fiesta Nachos Supreme Or Chicken Fajitas	Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	Chicken Tenders** w/Dipping Sauce Or BBQ Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Jumbo Corn Dog
29 <b>Brownie Bite Day</b>	30			
Southwest Chicken Panini Or Rotini w/Meat Sauce	Build your own Burrito Or Walking Tacos w/Shredded Cheese			
<b>Fresh Fruit &amp; Veggie Bar available daily with all lunches</b>				
<b>Crispy Chicken, Grilled Chicken or Spicy Chicken Sandwich Grilled Burger Varieties, Nachos &amp; Taco Pretzels A Variety of Fresh Grab and Go Salads and Wraps</b>				
Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni	Cheese V *Sausage	Cheese V *Pepperoni
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Ranch Chicken Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Grilled Chicken Caesar Salad**	Chef Salad**

V=Vegetarian option available  
 \*\*Served with Whole Grain Bread  
 \*Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.



Morton High School  
April 2019

**Lunch**  
**\$2.75**  
 Milk is included with Meal

**Milk**  
**\$0.50**  
 A Variety of Milk is Available Daily

**Arbor A+ Nutrition Mission**  
 To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
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[arbormgt.com](http://arbormgt.com)



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